CLAIMS

1. A method of controlling the power with which a first station transmits signals to a second station, comprising the steps of:

transmitting from the second station to the first station a power control command having a given value;

receiving said power control command at said first station;

determining from said received power control command a parameter representative of the quality with which the power control command is received at the first station; and

controlling the power which the first station transmits signals based on the determination step.

2. A method as claimed in claim 1, wherein in said determining step, the received value of said received power control command is determined as said parameter.

3. A method as claimed in claim 2, further comprising the steps of comparing said determined received value with a threshold value; determining the given value which was transmitted based on said comparing step; and in said controlling step controlling the power which the first station transmits signals based on the determined transmitted value.

4. A method as claimed in any preceding claim, wherein said first station is arranged to transmit signals to a plurality of second stations, each of said second stations transmitting a power control commands to said first station.

5. A method as claimed in claim 3 and 4, wherein the method further comprises the step of selecting one of said determined transmitted values in accordance with a predetermined criteria.

6. A method as claimed in any preceding claim, wherein said transmitted power control command comprises one of a first value indicating that the power should be increased and a second value indicating that the power should be decreased.

7. A method as claimed in claim 5 and 6, wherein said predetermined criteria is to select the second value if at least one of said determined transmitted values is the second value.

8. A method as claimed in claim 5 and 6, or claim 7, wherein said predetermined criteria is to select the first value if all of the determined transmitted values are the first value.

9. A method as claimed in claim 6, 7 or 8, wherein said threshold value is between said possible received values representative of the transmitted first and second values.

10. A method as claimed in claim 9, wherein said threshold value is such that one of the transmitted power command values is favoured over the other.

11. A method as claimed in claim 10, wherein first value is favoured over the second value.

12. A method as claimed in any of claims 6 to 11, wherein the first value is +1 and the second value is -1.

13. A method as claimed in claim 12 when appended to claim 2, wherein the threshold value is in the range -0.6 to 0.

14. A method as claimed in claim 13, wherein the threshold value is in the range -.025 and-.30.

15. A method as claimed in any preceding claim, further comprising the steps of receiving at the second station a signal from said first station, determining the strength of the received signal from the first station and determining from the strength of the received signal the power control command transmitted to the first station.

16. A method as claimed in claim 5 or any claim appended thereto, said method comprising the steps of combining the

received values of said received power control commands, comparing the combined value and the selected value and on the basis of the comparison selecting one of said combined value and the selected value and controlling the power which the first station transmits in accordance therewith.

17. A method as claimed in claim 16 when appended to claim 6, wherein the one of the combined value and the selected value which is closer to representing a predetermined one of said first and second transmitted values is selected.

18. A method as claimed in claim 17, wherein said predetermined one of said values is the second value.

19. A method as claimed in any one of the preceding claims when appended to claim 2, comprising the steps of: outputting a value based on a currently received power control command value and at least one previously received power control value; and comparing said output value and the selected value and on the basis of the comparison selecting one of said output value and the selected value and controlling the power which the first station transmits in accordance therewith.

20. A method as claimed in claim 19, comprising the steps of: summing the currently received power control value with the at least one previously received power control command value;

comparing the summed value with a predetermined threshold; outputting the determined received value or if a threshold of the summed value is crossed outputting a default value.

21. A method as claimed in claim 20, wherein the first station is arranged to transmit signals to a plurality of second stations, each of which second stations is arranged to transmit power control commands to said first station, said method further comprising the steps of determining the values of each of said received power control values and selecting one of said determined received values, in accordance with a predetermined